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Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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letter from the publishers



Create, Nurture and Transform

As we welcome vibrant spring blooms and take in the bright, warm sun this month, we pay tribute to women and acknowledge their imperative place in nurturing our lives. The quality of nurturing permeates both the human and natural world because tending to what we love in each realm can yield abundant rewards, especially

over a lifetime.

Nurturing ourselves and the people around us is a natural expression of our love, and this love is at the root of everything mothers do for their children. They are in most cases the backbone of the family, and although roles have changed greatly over the years since we were children, mothers still remain a constant presence and a caring, nurturing source of strength.

It's tough to wrap our heads around how so many of today's women can juggle a household, work, manage the demands of everyday living and nurture their relationships. The roles available for women have evolved to such a degree that we often think anything is possible. Yet these multiple assignments may increase the stress of daily life, so we must learn new ways to balance these many responsibilities. In this issue, we hope you'll find solutions for navigating this juggling act and fostering a state of optimal health at every age.

I urge the nurturing caregivers out there that may be in the throes of their many roles and responsibilities to take time this month to contemplate the present. Remember who you are and what your goals are, but most of all, embody a sense of pride, joy and empowerment within, because you are doing the most important job in the world as you care for and love another. When we open our hearts to those in need, we are continuing the sacred tradition of mothering. Pray, dance and meditate on the light that continues to shine.

You can probably think of many women that have made a positive impact on your life and inspired you in some way to become a better person. Whether it was your mom, your best friend or your aunt, they were important because they cared. Words cannot express the deep gratitude we feel for this amazing love and guidance. We dedicate this Women's Wellness edition to all of these special females and celebrate their feminine magnificence!

Over the years, I have had the best example of nurturing—witnessing my own mother's relentless love for our family. Mom, you never cease to surprise me, and once again on this Mother's Day, I will celebrate my love for you. Thank you most importantly for your wisdom—for encouraging me to trust my own instincts and allowing me to make my own mistakes. I think it is the greatest gift I have been able to pass on to my own children. I love you, Mom!

Happy Mother's Day,



Me and my Momma Lindann

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news briefs

Remove Self-Doubt and Fear with Nu Mindset

Dr. Kelly Tatarelli-Mullins, the owner of Nu Mindset, is a psychologist and women's empowerment coach. She specializes in helping women step into their power by removing the barriers of low self-worth and self-limiting beliefs. She offers a three-month and six-month, one-on-one virtual coaching package filled with insight, support and encouragement to help her clients break free from their own obstacles. She says, "This is a wrap-around coaching service to help you to achieve personal greatness with an action plan designed just for you that really works!"

Her 25-year-plus career includes, among other roles, program development, lecturer, consultant and supervisor. She also has an extensive knowledge base in substance use disorder and recovery.

The doctor's passion is to help her clients remove the barriers of self-doubt and fear, and replace them with self-confidence and achievement. Her innate ability helps to turn dreams into reality. She has been an inspiration to the many personal and professional individuals that she has helped through the years to find their way to their highest self and greatest aspirations.

Free 20-minute consultation. For more information, call 810-522-7419, or email KellyTat@umich.edu. See ad page 37.



Kelly Tatarelli-Mullins

A Story of Survival Meniere Symposium

Burcon Chiropractic Research Institute is celebrating 20 years of research and treatment of one-sided neurological disorders at an informative symposium hosted by Meniere's Research Institute on June 10. Keynote speaker Michael T. Burcon, DC, is hailed by The Merck Manuals as the world's leading expert on Meniere's disease.

Rhonda Tomasi will interview a Meniere's patient at the Grand Rapids Community Media Center and streamed live on GRTV. A gourmet lunch (\$20) follows and an invitation to tour the Institute Eastbrook from 2 to 6 p.m. Appetizers and desserts will be served and entertainment provided from 7 to 9 p.m. at the physician's home on Mill Creek in Comstock Park.

New patients will be scanned and graphed with Tytron thermography and X-rayed (set of six) on Friday afternoon, followed by dinner presentations for new doctors getting certified in The Burcon 10-Step Cervical Protocol, and re-checked and X-rayed (set of two) on Sunday morning.

Cost for established patients and students is \$50, caregivers \$25. For more information or tickets, call Jane between noon and 3 p.m. Mon.-Fri. at 616-575-9990 or visit BurconChiropractic.com. See ad page 27.



Michael T. Burcon, DC

Pet Identification is Crucial to Rehoming

The Humane Society of Huron Valley (HSHV), the only shelter in Washtenaw County and Plymouth for stray animals, has seen a significant decrease in the number of animals returned to owners this year. Only 43 percent of lost dogs are being repatriated,

and many come in without tags or microchips, or have incorrect information. Lack of identification is an ongoing problem for cats, as well.

HSHV CEO Tanya Hilgendorf says, "We believe our first job is to get animals back to the loving families they already have. Animals can't tell us their address or their mom's name. Microchips that result in hundreds of family reunions here at HSHV are safe, inexpensive and usually last a lifetime." HSHV also reminds people if they find or lose an animal to immediately make a report.

Owners can get their pets microchipped at any veterinary office or for \$20 at monthly HSHV low-cost vaccine clinics. Microchips are not GPS-enabled and cannot do location tracking, but help identify ownership. Tags are encouraged, although sometimes are torn off when pets scale fences or other terrain.

To make pet lost and found reports, visit hshv.org/lostandfound or call 734-661-3545. See ad page 30.



Herbal Medicine Classes

The Ann Arbor School Of Massage, Herbal & Natural Medicine is offering herbal medicine classes from 9:30 a.m. to 1:30 p.m. Participants will be given optional homework to help them continue to connect with the teachings. A fall series will be posted in late July.



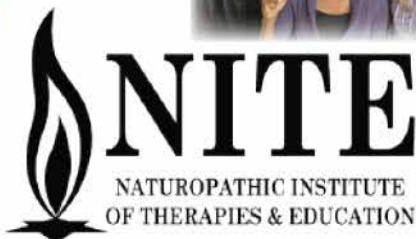
Upcoming class dates and topics are May 27: How to prevent or recover from COVID-19; June 12: How to Make Basic Herbal Medicines at Home; June 24: Capturing the Summer Harvest; Prepping an Apothecary for Your Home and Family; and July 17: Home Herbal Apothecary Creation.

Cost is \$60 per class, plus \$10 materials fee. All classes require advance registration. Location: 3684 W. Liberty Rd., Ann Arbor. For more information, call 734-769-7794 or visit NaturopathicSchoolOfAnnArbor.net.

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Arbor Farms Market Wine Tasting

Arbor Farms Market is bringing back its popular tasting events after a long hiatus. A Spring Wine Tasting will be held from 7 to 9 p.m., May 19, at Weber's Hotel & Restaurant, with 25 hand-selected wines and appetizers.

Serving the Ann Arbor community since 1979, Arbor Farms provides local and organic produce; fresh Michigan grass-fed beef and a gourmet deli all at a healthy savings. The grocery store also houses the Nutrition Shop and pre-prepared foods at the Community Cafe.

They work directly with certified organic Michigan farms such as Lamb Far, in Manchester, and Graham's Organics, in Rosebush, to offer hanging beef, not "tube meat"; also Miller non-GMO and organic chicken and Shoreline Salmon.

Admission is \$60. Restaurant location: 3050 Jackson Rd., Ann Arbor. Market location: 2103 W. Stadium Blvd., Ann Arbor. For more information, call 734-996-8111 or visit ArborFarms.com.



Enjoy Forest Bathing Expeditions

Rhizome Roots Studio now provides Walks in the Woods. Michigan harbors abundant hiking trails, ideal for foraging and forest bathing. Participants will explore the wonderful world of the woods and wetlands. Hikes range from one to two hours in length, and typically cover two to five miles, depending on terrain and travel speed. Events are planned for May 11 and 25, June 8 and July 13. Visit Rhizome Roots on Facebook for the times and locations.



Hikers should come prepared with sturdy hiking shoes, appropriate durable clothing (layers are best), drinking water if desired and an open and quiet mind. They also host events such as dance series classes, cooking classes, women's yoga and qigong classes, social events and more.

Rhizome Roots Studio values the health and safety of participants. They assume their own responsibility for their health and safety; Rhizome Roots Studio and affiliates are not liable for any injuries, illnesses or incidents associated with this event. Rhizome Roots Studio does not accept any liability for the loss or damage of any personal belongings or damage to any vehicles related to these events.

Events are free; donate at Venmo @RhizomeRootsStudio. For more information, email RhizomeRootsStudio@gmail.com or visit [Facebook.com/Rhizomerootsstudio](https://www.facebook.com/Rhizomerootsstudio).

To Mow or Not to Mow

No Mow May 2.0 encourages residents to let lawns grow from six to 12 inches tall. The city of Ann Arbor recognizes that bees and other pollinators are integral to the propagation of plants to grow a wide diversity of essential foods including fruits, nuts and vegetables. Not mowing lawns would allow for early-season emergence and maturation among beneficial insects. This is a voluntary program for homeowners to take part in. It also reduces emissions from gas-powered mowers, increases the effectiveness of green space and reduces noise pollution.



City council member Dharma Akmon says, "Pollinator populations are in decline around the world due to habitat loss, alteration, fragmentation, as well as pesticides. The state of Michigan alone has seen a 61 percent drop in its bee population over the span of 15 years, so it is really important that we all act in ways that we can to protect pollinators."

Register with the Department of Sustainability and Natural Resources at [Tinyurl.com/NoMowMayAA](https://tinyurl.com/NoMowMayAA).

KUDOS

The city of Ann Arbor partnered with the Washtenaw County Conservation District to give away 10,000 free trees as part of the A2ZERO carbon neutrality plan. County residents registered to receive up to three free trees from the city to plant on their property. Planting a tree helps to increase the city's resilience and achieve carbon neutrality goals.



Species included white flowering dogwood, redbud, basswood/American linden, white oak and eastern white pine. All the trees were small, bare root saplings and seedlings.

The Ann Arbor Office of Sustainability and Innovations, Leslie Science & Nature Center and Ann Arbor Public Schools all contributed to the effort.

For more information, visit a2gov.org/10ktrees and a2zero.org.

Compassionate Callings: Naturopathic Institute of Therapies and Education



by Marlaina Donato

Interest in alternative medicine and natural approaches to health have been on the rise in recent years, and since the COVID-19 pandemic, investment in personal well-being seems to be a top priority for many people, which is good news for anyone searching for a rewarding career that helps others to live their best lives. At NITE, the Naturopathic Institute of Therapies and Education, knowledge and passion meet in a well-organized curriculum that spearheads diverse modalities in three programs: Natural Health, Therapeutic Bodywork Practitioner and Holistic Doula.

The Institute is the brainchild of Dr. Bessheen Baker, a natural health devotee who broke into the field during her teens by studying with herbalists, chiropractors and naturopaths. After accomplishing her own personal career goals, she noticed a deficiency of higher education in natural healing. She opened NITE in 1995 with a vision to provide four years of authentic naturopathic training for all age groups and backgrounds. While each program is offered separately, students also have a chance to pursue the full four-year program,

resulting in a certified naturopath diploma and the opportunity to take the American Naturopathic Medical Association national exam. “We always encourage students to take more than one degree at the Institute, but not all at once. It is our mission to provide quality education, not quantity. Students are here to learn, not memorize,” says Chief Operations Officer Julie Wagester.

The Institute defines the calling of a naturopath as someone that works with clients in a proactive manner, discusses nutrition and environmental factors, and provides guidance in the realm of vitamins and minerals, as well as therapies that might contribute to better health. Most importantly, a naturopath looks at the whole person—body, mind and spirit. For those that wish to complete the four-year natural health program and become a board-certified, traditional naturopathic doctor, the Naturopathic Institute nurtures excellence and boasts a 100 percent passing rate for all students that have taken the national exam over the past 25 years.

The NITE Therapeutic Bodywork Practitioner program is approved by the National

Certification Board for Therapeutic Massage and Bodywork and includes Swedish, deep tissue and lymphatic drainage massage, pressure point therapy, myofascial release, reflexology, craniosacral therapy, ethics and business. Unlike most other bodywork programs, the Institute offers classes in advanced aromatherapy, flower remedies, light healing touch therapy and nutrition. Saturday seminars are offered through the Naturopathic Community Center and are ideal for licensed massage therapists looking for recertification or continuing education at cutting-edge modalities.

Unlike traditional midwifery, the Naturopathic Institute’s holistic doula program extends into other useful and exciting realms. Wagester explains, “Unlike midwives who assist in delivering newborns, the Holistic Labor Companion program’s focus is on supporting the mother through the pregnancy, birth and early infancy phases. This program is unique to other birth assistant (doula) programs, and includes training in multiple natural health methods and therapies such as nutrition, muscle testing, homeopathy, essential oils and more.”

Classes at the Naturopathic Institute are offered on weekends only. “Depending on which program you enroll in, you could be here one weekend a month, two weekends a month or even three,” says Wagester. The school does not have dormitory options, but students that travel far have an option to use their housing accommodations. “The cost to stay at the campus (house, apartments or canopy) is \$85 per weekend. We provide use of our full kitchens, as well as eggs, bread and butter, so you can prepare your own breakfast. You may also bring other food to prepare your own breakfast, lunch and dinner as you see fit.”

In uncertain times, a solid education is even more valuable with a community of kindred spirits and collective vision, summed up well in the Institute’s mission statement: “Inspiring radiant health, healing and love throughout our community, the world and beyond.”

The Naturopathic Institute of Therapies and Education is located at 503 E. Broadway St., in Mount Pleasant. For more info, call 989-773-1714 or visit NaturopathicInstitute.org. See ad page 11

Gardening Improves Well-Being

Gardening helps lower stress, improves our attention span, makes us feel more peaceful and content, provides exercise, reduces depression and increases vitamin D via sun exposure.

A National Gardening Survey reported that the average household spending on gardening activities increased by 19 percent in 2020, with 86 percent of households participating in some form of gardening.

WebMD says, "Gardening can make you feel more peaceful and content. Focusing your attention on the immediate tasks and details of gardening can reduce negative thoughts and feelings and can make you feel better in the moment. Just spending time around plants eases stress for many people and boosts self-esteem."

For more info, call Harton House and Farm Greenhouses, located at 3401 W. Bellevue Hwy., in Olivet, at 269-749-9664 or visit HartonHouseAndFarm.com.



Benefits of Water Immersion During Birth

Water immersion during labor is an increasingly popular birthing option for healthy women that experience a straightforward pregnancy, labor spontaneously at

full term and plan to give birth in a midwifery-led care setting. The process involves immersion in a birth pool to achieve relaxation and pain relief during the first and possibly part of the second stage of labor. The mother exits the pool for the actual birth, allowing the infant to emerge outside of the water. This method is different from a water birth, during which the woman remains in the pool as the infant emerges into the water and is then brought to the surface to initiate breathing.

In a new systematic review and meta-analysis published in *BMJ Open*, researchers compared the interventions and outcomes of water immersion, water birth and no-water-immersion births. After reviewing 36 studies encompassing the experiences of about 150,000 women, researchers found that water immersion significantly reduced the use of epidurals, injected opioids, episiotomy, maternal pain and postpartum hemorrhage. There was also an increase in maternal satisfaction and improved odds of an intact perineum with water immersion. Water births were associated with increased odds of the tearing of the umbilical cord from the placenta, making delivery of the placenta difficult, although the absolute risk remained low (4.3 versus 1.3 per 1,000). There were no differences in any other identified neonatal outcomes.





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Mysterious Symptoms on the Rise

Many people are experiencing undiagnosed symptoms like skin itching/burning, often with red skin, while some have new respiratory issues.

Head/body aches and digestive upset are also found to come on quickly for some with this mystery condition. For at least 6 percent of Americans, science now shows there is nothing mysterious any longer. This includes those that are aware of being hyper-sensitive to wireless, while many others may have symptoms, but are not aware of the cause, often the case unless diagnosed by holistic M.D.s that are versed on environmental illnesses.

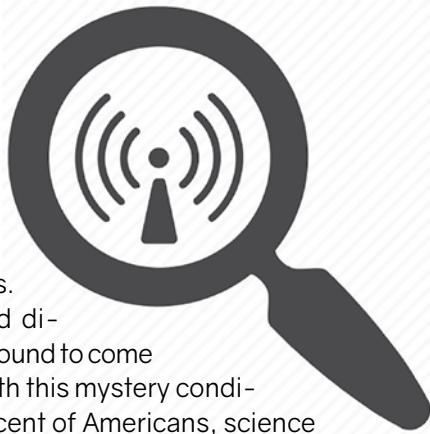
Since standard medical schools do not train doctors on this type of radiation sickness (EHS), patients are often diagnosed with autoimmune conditions such as fibromyalgia, lupus or even chronic fatigue and prescribed drugs to cope with nerve and muscle pain. In reality, removing triggers is all it may take; those in the home are easiest to detect and remediate. Numerous scientific publications have shown evidence that all living organisms, including pets and wildlife, are affected at some level.

Pulsed EMF radiation has skyrocketed in recent times. Cell phones and ever-increasing cell towers (most now with 5G), in addition to being bombarded with Wi-Fi nearly everywhere, the fifth generation of cellular technology is up to 100 times stronger than 4G. It is already proving to affect many people quicker and in greater numbers than previous generations. Originally, living nearly one mile from a tower was a safe distance for most; some are now reporting symptoms up to that distance. Typically, the less distance, the greater risk; being in the direct line of sight can be the most hazardous.

One of the other ubiquitous forms of wireless that most are exposed to (and cannot turn off, like Wi-Fi) are smart meters. The radio frequency (RF) electric smart meters placed on the outside of homes and businesses have been rolled out in most of Northern Michigan for several years. One area public utility had been using power line communicator meters, but is now switching to RF smart meters.

These use a pulsed electromagnetic radio frequency which can affect the central nervous system. Opting out of the RF smart meter and having the company replace it with a non-transmitting digital version is most often the best option; shielding can be done on the exposed side of the home.

For more info on what may be affecting you or to locate a safe place to stay, call 231-714-0477. See ad on this page.



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The Divine Messiness of Motherhood

by Marlaina Donato

The pitter-patter of little feet is one of life's most beautiful blessings, but motherhood has always been a challenging role. In today's world, the calling is more complicated than ever, and the average Mama Bear has a lot on her many plates. Despite support systems, juggling it all is often an obstacle course moms navigate behind closed doors.

It's okay to not be okay. Society tends to impose unnecessary guilt upon mothers for voicing what most parents feel at one time or another. Feelings are human, and so too is being overwhelmed. Self-care enables us to nurture others, and it begins by being gentle with ourselves as we weave a tapestry of work, soccer games, homework and bedtime baths. Even when the

threads are haphazard and tangled, it is healing to surrender to the realization that sometimes we cannot do it all, and it is not a sign of failure. Showing only the good days on social media or going on autopilot can add pressure, instead of peace.

"There's no way to be a perfect mother and a million ways to be a good one," says author Jill Churchill. Being a good mother begins by being good to ourselves, and it doesn't require a miracle to make it happen. A few minor routine adjustments can renew sanity and energy:

- Take one minute to run comfortably hot water over your hands and relax into the stream. Hot water helps the body release dopamine, a neurotransmitter responsible for inducing joyful feelings, lessening pain and lifting anxiety.
- Instead of scrolling through social media, take 10 or 15 minutes to do nothing. Lie down on the floor, close your eyes and just breathe. Surrender completely to letting go; begin by relaxing facial muscles and work your way down to your toes.
- Play a favorite song and dance with your kids.
- Avoid overscheduling and "shoulds".

Marlaina Donato is an author, painter and composer. Connect at WildflowerLady.com.

"There's no way to be a perfect mother and a million ways to be a good one."

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CHRONIC DEPRESSION. THE REAL CAUSE?

By Brad May, Ph.D.

One can certainly argue that depression is part of the normal human experience. After the loss of a close relationship, perhaps it's normal to be depressed. But what about those whose depression never lifts, long after the loss? Or those who seem to feel always depressed?

Is it a "chemical imbalance?" Or is it genetic? Genetics are not destiny. As someone once said, "Genetics deal the cards, but environment plays the hand." These days, "playing the hand" refers to the emerging science of epigenetics—the lifestyle choices and experiences that tend to influence us. Or, even if depression is indeed a chemical imbalance, where does that come from? Perhaps it comes from **the unresolved past**.

Muscle testing can be used to access the relevant experiences in the past that have led to the present depression.

Muscle testing involves pushing down on the client's forearm or pulling apart the client's fingers, (when the middle finger and thumb are pressed together at the tips). The muscle(s) will either hold strong, meaning the arm doesn't move much at all or the fingers remain together, or go weak, meaning the arm comes down or the fingers come apart. If the muscle test is preceded by a question, this curious phenomenon can be used to glean information from that deeper part of the client—whether you call it the unconscious, the inner self, or the higher self. These answers seem to bypass conscious filters and access a deeper truth. So what is revealed is not what they think, or the clinician thinks or what the client wants the clinician to think, but what is really so!

In Emotional Complex Clearing, a **STRONG** response means **TRUE**, and a **WEAK** response means **FALSE**. Also, if an experience is still a hot issue, so to speak, the muscle test result will be **WEAK**. If it is resolved, on the other hand, the response will be **STRONG**.

The total number of "hot issues" of significance that someone tests **WEAK** for then comprises their Target List.

Darlene was thirty-seven-year-old, extremely depressed alcoholic, and close to losing her job. As revealed by muscle testing there were thirteen items on her Target List.

1. PAST OR CHILDHOOD TRAUMA

In the womb. Dad forced sex on Mom. Darlene experienced great fear.

Age four. Dad slapped Mom. Darlene felt more fear.

Age six. She was physically and emotionally abused by her dad.

Age seven. Dad slapped Darlene. More fear and pain.

Age eight. Dad was physically abusing Mom. Darlene tried to rescue Mom and got hit as well.

Age ten. She and her brother went exploring on a camping trip. Her father, who couldn't find them, thought they got lost, and flew into a rage when they returned. He threatened and belittled her.

Age twenty-five to twenty-seven. Her first husband was a "rage-alcoholic" and physically abusive to her. She left him.

2. GRIEF AND LOSS

Age seventeen. Her father died. She wrote a goodbye letter and read it to me.

Age twenty-one. Her close friend committed suicide.

3. SEXUAL ABUSE

Age nine. Playing with boys, she was tricked into exposing herself and was laughed at and humiliated.

Age eleven. A lecherous uncle hugged her repeatedly, pressing her close. She didn't know how to deal with him.

Age twenty-one. She was raped by an acquaintance. She blamed herself for this.

Age twenty-two. She had an abusive sexual relationship with a boyfriend.

Over several sessions, we resolved all of these. Her goals for treatment included:

1. I take good care of myself
2. I accept other people just the way they are.

She muscle-tested **weak** on both of these at the start, indicating they were valid objectives, and **strong** on both at the end, confirming her progress. At the end of our work, with her depression gone, she commented: *I've been in therapy five or six times. It was all just talk or taking tests. I used to lie to my therapist. That's why I wanted to work with you-- you found a way of getting the truth.*

This was truly amazing to me! My head is clearer, and people say I sound better. I feel not just relaxed, but relieved, and much more centered. Also, I've been able to say No without guilt, and that's a new feeling for me.

At a two year follow up she was still sober and doing well.

For more information visit ecctherapy.com. See ad page 7.



Muscle Testing 1. The result of a **STRONG** response. The arm stays up.

Muscle Testing 2. The result of a **WEAK** response. The arm goes down.



SOLVING STRESS

HOLISTIC TIPS FROM LIFESTYLE DOCTORS

by Linda Sechrist

Medicine is changing as a new class of doctors endeavors to treat the whole person rather than the symptoms of disease, helping their patients achieve optimal health with lifestyle changes, medicine, herbs, supplements and modalities tailored to the individual. No longer reaching for a prescription pad as often, these functional and integrative physicians are spending an average of 45 minutes per office visit. Using their sleuthing skills and innovative skillsets, they ask probing questions about a patient's current lifestyle and history, pinpoint the root cause of a problem and craft customized solutions.

To help someone manage stress, a functional or integrative doctor may suggest a daily dose of herbal tea, nightly entries in a gratitude journal, a visualization practice, brisk walks, gardening, art therapy,

mindful meditation, a nutrient-rich diet that reduces food allergies, yoga poses and regular sessions of qigong or tai chi. Armed with an extensive list of better-for-you choices than addictive, prescription sleeping pills or tranquilizers, individuals are empowered to improve their health and eliminate stress. Studies suggest that 75 to 90 percent of illnesses are stress related. Getting to the root cause before it escalates into cardiovascular disease, depression or diabetes is what curious and compassionate doctors do.

"Because sleep is a great resolution to almost anything, it's one of the first things I consider," says Carrie Jones, a functional and naturopathic doctor in Portland, Oregon. "Stress can be physiological, caused by parasites, viruses, bacteria and toxins, as well as blood sugar imbalances. Not getting enough sleep, or poor sleep, is stressful to

the body, which is on alert all the time."

According to Jones, finding ways to coax the body into feeling safe can help people relieve stress and get a good night's sleep. "People rarely realize that basic things such as joy, play, laughter and a community of supportive people have anything to do with feeling safe enough to sleep deeply. It's why I inquire about those things," she explains.

Tips for Sounder Slumber

- Turn the thermostat down in the bedroom. A cool temperature combats insomnia.
- Snuggle under a weighted blanket. The gentle pressure signals the autonomic nervous system to go into rest mode.
- Install blackout shades. Light decreases melatonin, the sleep hormone.

- Avoid alcohol before bed, as it can disrupt the sleep cycle.
- Stop using electronics, including social media, television and phones, two hours before getting under the covers. The blue light emitted by screens restrains the production of melatonin.

Connecting and spending quality social time with friends helps to alleviate stress. Anna Cabeca, a triple board-certified obstetrician and gynecologist, advises, “Every day, stress causes the stress hormone cortisol to go up and oxytocin, the connecting hormone, to go down, lessening the desire to connect. It’s a double whammy for women in perimenopause and menopause, because hormones are declining, and stress overloads the already overtaxed endocrine system.”

Rebecca Hunton, personalized medicine doctor and founder of Radiantly Healthy MD, in Melbourne, Florida, coaches her patients to modify unhelpful habits. “I’m always looking for that one thing that patients can easily change. Sometimes it’s teaching them the difference between stress resilience and stress avoidance. A stress avoidance activity is spending two hours playing a game on your phone that leaves you beating yourself up and feeling like, ‘Why did I waste all that time?’ If, on the other hand, an activity leaves you feeling energized and wanting to tackle the other things on your to-do list, you just did a stress resilience activity,” says Hunton.

Stress Resilience Activities

- Meditation
- Prayer
- Chanting a mantra
- Expressing creativity, such as cooking or painting

Carol Penn is a dual board-certified physician and movement coach in New Jersey. While observing her 87-year-old father practicing qigong, a form of meditation in motion, she had an epiphany and saw a powerful life lesson occurring before her eyes. “Moving with strength and grace through his practice so close to the end of his life, it occurred to me that he was

role-modeling what it would be like for me to be kind to my future self. I teach my patients from this perspective, visualizing their future selves full of health, vitality, wonder and awe,” says the author of *Meditation in a Time of Madness*.

Qigong has psychological and physical components, regulating the mind, body movement, breath and posture. “It balances and calms the autonomic, sympathetic and parasympathetic nervous systems so that you feel less stress upon completion of the practice. Movements are designed to build longevity on a cellular level,” Penn explains.

According to Lorraine Maita, a board-certified functional and integrative doctor in New Jersey, “The body sends out hormonal fight-or-flight signals when it’s distressed. In the initial stages, there’s a release of adrenaline, followed by cortisol, keeping your body on high alert. To most people, stress is just worry, and they’re thinking they’re handling it, but stress can be like a viral program running in the background all the time. It’s still there whether you’re reacting to it or not, whether you’re stuffing it under the surface or not. It’s why you go to therapy with mental stress, or why you need someone to talk to for processing it.”

Maita is a proponent of alternative modalities that help people modulate the stress response. “I recommend HeartMath to my patients, which is self-regulation technology based on more than 32 years of scientific research on the psychophysiology of stress, resilience and the interactions between the heart and brain,” says the author of *Vibrance for Life: How to Live Younger and Healthier*.

Jaquel Patterson, a naturopathic physician and medical director of Fairfield Family Health, in Connecticut, might determine if her patient is suffering from chronic stress by testing their saliva for cortisol levels in the morning and evening. Noting that her favorite teas for sleep and relaxation are chamomile and passionflower, she explains that passionflower is for someone

Studies suggest that 75 to 90 percent of illnesses are stress related.

that can’t fall asleep because there’s a radio playing in their head. “For dealing with stress, I like adaptogens, such as Siberian ginseng, rhodiola rosea, ashwagandha, holy basil and L-theanine. The stress response requires a lot of B vitamins, along with magnesium and vitamin C,” she says.

Citing Hal Elrod’s book *The Miracle Morning*, Patterson recommends starting every day with a set of stress-relieving rituals Elrod calls “Life S.A.V.E.R.S.” She explains, “S is for silence, like meditation. A is for affirmations. V is for visualization, so you can visualize how your day is going to be. E is for exercise. R is for reading, and S is for scribing, writing things in a journal.”

Pointing out the differences between stress and anxiety, Patterson notes that anxiety is a continual rumination of thoughts, second-guessing and overthinking. Anxiety can cause stress, but stress can occur without anxiety. People with high anxiety sometimes have heart palpitations. Some stress is good for us. Without any stressors, Patterson cautions, we are unmotivated, lethargic and lacking in enthusiasm.

Technological Solutions to Quiet the Anxious Mind

- **Reflect Orb:** This handheld biofeedback device can help an individual self-monitor their body’s physiology and learn to control the involuntary body-mind connection.
- **Meditation apps:** Insight Timer, Calm and similar apps offer guided meditations, relaxing music videos and meditation instruction for newbies and experienced practitioners.
- **YouTube videos:** Look for musical compositions with energy frequencies and binaural beats that encourage relaxation, promote positivity and decrease anxiety.

Linda Sechrist has been a contributing writer to Natural Awakenings publications for almost 20 years.

Carol Penn on Finding Calm in a Chaotic World

by Sandra Yeyati

Dr. Carol Penn, double board-certified in family and obesity medicine, is a movement, meditation and mindset coach who teaches people to prioritize self-care to achieve their best and highest selves. She is certified in mind-body medicine, fitness and personal training, yoga and qigong, and draws inspiration and wisdom from a previous career as a dancer and dance educator with the Alvin Ailey American Dance Theater. Penn is the author of *Meditation in a Time of Madness: A Guidebook for Talented Tweens, Teens, Their Parents and Guardians Who Need to Thrive*.

Why did you write your book?

Because I was heartbroken after speaking to an 8-year-old in Parkland, Florida. I asked him, "Are you looking forward to going back to school?" not realizing his older sibling was one of the teenagers murdered in the Stoneman Douglas school shooting. He responded, "I feel like something bad could happen, and no one



will be able to help me—not my parents, not my teachers, not even the president."

An 8-year-old shouldn't be afraid to go to school, and if that's what our society is becoming, then children need resiliency skills, a way to self-soothe, and so do their parents. The book is a response to gun violence, but it also applies to the pandemic and other unprecedented events that cause that kind of

internal chaos and disorientation that leads to mood disorders, depression, anxiety and suicidality. Whether it's meditation, yoga, journaling or something else, mind-body skills can get you back to your center so you can function at a higher level from a place of calm and relaxed awareness, versus out of fear and nervousness.

Why do you define meditation as relaxed awareness?

Many people think that you have to sit in a certain posture and have no thoughts to meditate, but that isn't true. We have 60,000 thoughts a day, and we don't pay attention to most of them. Meditation allows you to slow your thoughts so they're not as overwhelming and don't interfere as much. When thoughts slow down and there's space between them, your body also begins to slow down. Neurotransmitters like dopamine, oxytocin, serotonin and endorphins are released in the brain, and you feel their downstream effect, which we call relaxation.



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What is soft belly breathing?

Many times, you get into this rigid kind of breath where you're holding your belly in and your shoulders are thrown back. People think they look better if they have a flat, tight belly, and that's how they're moving in the world, but they're not getting the full experience of the breath. Soft belly breathing relaxes the torso, particularly that area just below your navel. This type of breathing allows the diaphragm to push down and massage everything beneath it, improving digestion and elimination processes and allowing the lungs to fill out from their bases where you pick up all the oxygen and nutrients that need to be carried throughout the body. As you inhale, say the word "soft" to remind yourself to soften and let go of any muscle tension. As you exhale, say "belly" to be reminded not to hold that part of the body in a rigid way.

Why do you say that movement is medicine?

Motion is synonymous with life. There's always something moving, even when we're asleep. Even gentle movement helps the body release endorphins, which elevate our mood, reduce pain and bring us pleasure. We want to bring that flow and fluidity into our lives so that we can tap into it on purpose. Have you ever noticed the less you move, the harder it is to move? Movement needs to be encouraged throughout the lifespan.

What movements do you recommend?

One starts in a standing position. Notice how the rib cage moves as you soft belly breathe. Soften the knees, drop the chin to the chest and as you inhale, lift the arms and feel yourself float away slightly from the body to create a gentle undulation of the spine. This stimulates the "mu" receptors that cause our brain to release pain-reducing endorphins.

Another is to shake it off, like when a dog is walking along and all of a sudden their back twitches, they shake and then continue along their merry way. If we're bothering them, dogs will literally shake it off. They don't let it anchor in the body, in their muscles and in their nervous system the way that humans do. Some people wake up tired. Their jaw hurts because they were clenching their teeth all night. By shaking off that tension for one to three minutes, you loosen the tight ligaments where we habitually hold tension.

What is "taking your seat on your throne," and how can it help us?

I came up with that when teaching women how to meditate from a seated position. Women wear so many hats that life can feel weary, so asking them to sit down as if they're taking a seat upon the throne of their own well-being gives them a way of sitting that's different than just plopping down and collapsing because they're exhausted. It shifts the energy and mental picture. You are more than the exhausted mother, executive, wife or caretaker. There's a regal elegance, calm and quiet strength inside, and we're going to meet her in our time of meditation.

Sandra Yeyati is national editor of Natural Awakenings.

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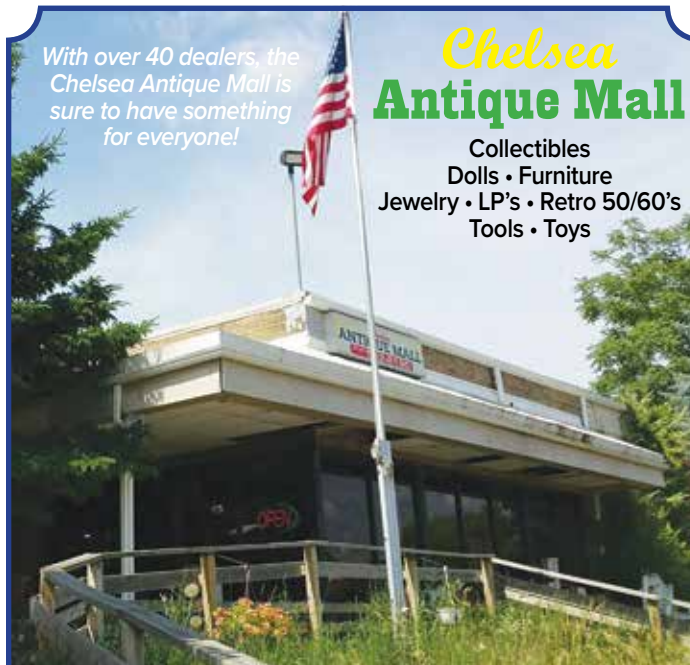
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Taking Control of Our Hormones

Nutritional Tips to Support the Delicate Balance

by Sheila Julson

Think of hormones as the body's messengers, sending signals that affect a host of functions. Produced by the pancreas, thyroid and other endocrine glands and organs, hormones drive our metabolism, impact mood, regulate blood pressure, manage our sleep cycles, influence sexual function and more. Key players are insulin, cortisol, thyroid and growth hormones, adrenaline, estrogen, progesterone and testosterone.

Keeping these hormones in proper balance is critical for health, and imbalances can lead to a wide range of effects, including diabetes, thyroid disease, unintended weight fluctuations, skin problems, fatigue, mood swings and infertility. While inactivity, stress, age and genetics impact hormone production, our food choices can significantly tip the scales.

Dr. Ann Lee is a naturopathic doctor and licensed acupuncturist based in Lancaster, Pennsylvania. When treating hormonal, thyroid and adrenal imbalances, she says it is important to focus on foods that provide the minerals and vitamins that support those systems. For women of all ages, she recommends blueberries, asparagus, lettuce, celery and papaya. Teens and women in their 20s can also benefit from apples, bananas, mangoes, avocados, cauliflower, broccoli, cucumbers, sweet potatoes and most lettuce varieties. The nu-

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trients in these vegetables and fruits become even more important as women reach 30 and for those dealing with menopause, so Lee recommends more frequent consumption of these fresh, whole foods to support the adrenal and thyroid glands.

According to Lee, it is equally important to avoid foods that interfere with hormonal nutrition. She advises women over 50 to lower their caffeine intake. Dairy products contain naturally occurring hormones that can impede human hormone balance and should be eaten in moderation. "The less external hormonal exposure you have, the easier it is for your own hormones to balance," Lee explains.

Despite the popularity of intermittent fasting, Lee believes that the trendy eating pattern can deny the body the vitamins and minerals it needs, causing it to produce more adrenalin and cortisol to make up for the loss. "People do intermittent fasting because it might feel good to have more adrenalin, and thus more energy, but it does come at a price—your hormones," she says.

Most of the foods Lee recommends are low in calories. "In order to curb hunger, you have to eat them regularly, and that goes against intermittent fasting. People that do intermittent fasting often focus on proteins and fats, so they don't have to eat for a long time, but that can cause adrenal burnout because the body is not getting what it needs," she explains, noting that avocados and potatoes tend to help people feel full longer.

Jaclyn Downs is a functional nutrigenomics practitioner in Lancaster, Pennsylvania, and author of *Enhancing Fertility Through Functional Medicine: Using Nutrigenomics to Solve 'Unexplained' Infertility*. She notes that for hormones to be produced by the body, nutritional cofactors or "helper nutrients" are required. "Magnesium, zinc and B vitamins are a few of the spark plugs that move these processes and keep the wheels spinning," she emphasizes. "Grass-fed beef liver or capsules contain all of these."

According to Downs, menstrual problems can be an indicator of eventual fertility issues. To support female reproductive hormones, she recommends cruciferous vegetables like broccoli, broccoli sprouts, cauliflower and Brussels sprouts. These foods also support liver detoxification pathways due to their high concentrations of vitamins and sulfur. "The liver helps clear used or 'dirty' hormones," she notes.

Downs also recommends pomegranates, which are rich in antioxidants and fight inflammation-producing free radicals. Healthy fats from cold-water, wild-caught fish support pregnant women and growing fetuses. "Folate is often emphasized as a nutrient for pregnant women, but choline is just as important for everybody, regardless of life stage or gender," Downs notes. Choline is found in egg yolks, sunflower lecithin and shiitake mushrooms. For 50-plus women, Downs prescribes fish or high-quality fish oil, which can benefit brain, liver and hormonal health.

Sheila Julson is a freelance writer and contributor to Natural Awakenings.

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KALE AND TEMPEH TACOS

In this yummy, low-carb taco recipe, cabbage leaves substitute for the tortillas and are filled with a mixture of protein-packed tempeh, veggies and lots of great spices. Compounds in tempeh called isoflavones serve as a natural remedy for menopausal relief.

YIELD: 2 SERVINGS

1 Tbsp extra-virgin olive oil
1 small onion, chopped
2 garlic cloves, chopped
4 oz tempeh, cubed
½ tsp sea salt or more, to taste
½ tsp black pepper or more, to taste
½ tsp ground cumin
½ tsp chili powder
¼ tsp paprika
¼ tsp cayenne
¼ cup vegetable broth
2 cups stemmed and chopped fresh kale



4 to 6 large, green cabbage leaves, dipped for 30 seconds into hot water to soften
½ avocado, sliced
1 radish, sliced
¼ cup chopped fresh cilantro
½ lime, cut into wedges

Heat the olive oil in a large skillet over medium-high heat. Add the onion, garlic and tempeh and cook for 2 to 3 minutes until the onion softens and becomes translucent.

Add the salt, pepper, cumin, chili powder, paprika and cayenne, stir, then add the broth and kale. Stir again to combine and cook until the broth thickens and reduces by at least one-half. Taste and adjust the salt and pepper as needed.

Spread the cabbage leaves open on a large plate. Spoon the kale mixture into the center of the leaves. Add some of the avocado, radish slices and cilantro, then fold in the sides like a taco.

Serve with lime wedges.

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VANILLA AND FIG SCONES WITH PISTACHIOS

A great dessert or breakfast treat, a scone is a baked good usually made with wheat flour and butter. This recipe calls for almond flour instead to reduce the carbs and increase the nutrition. The pastry has been enjoyed in Scotland since 1513, and its name probably derives from the Dutch word for bread. Figs and pistachios sweeten the scones and give them a bit of crunch.

YIELD: 6 TO 8 SCONES

2½ cups almond flour
½ tsp sea salt
½ tsp baking soda
⅓ cup coconut oil, melted
¼ cup honey
2 large eggs
1 tsp vanilla extract
½ cup chopped dried figs, plus some for garnish



½ cup pistachios, roughly chopped

Preheat the oven to 350° F. Line a large baking sheet with parchment paper. In a large bowl, combine the almond flour, salt and baking soda. In a medium bowl, whisk together the oil, honey, eggs and

vanilla. Stir the wet ingredients into the dry until thoroughly combined. Fold in the ½ cup of figs and the pistachios.

Place the dough on the baking sheet and shape into a rectangle about 1 inch thick. Cut into squares and then cut the squares diagonally into triangular wedges. Separate the wedges so they are about 1 inch apart to allow for even cooking. Press a few pieces of fig into the top of each wedge.

Bake for 12 to 17 minutes until golden brown and a toothpick inserted in a scone comes out clean. Let cool for 30 minutes on the baking sheet, then serve.

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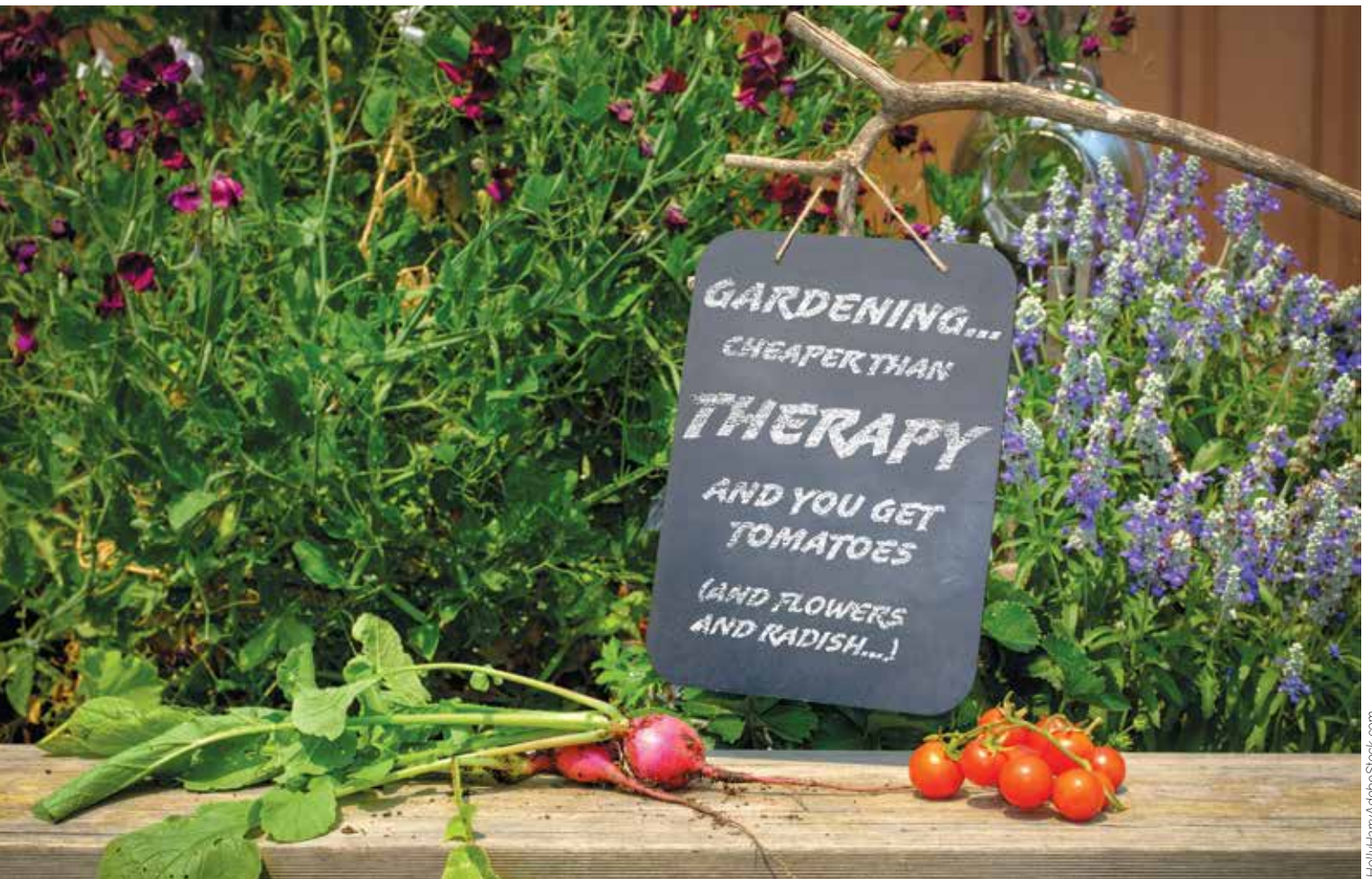


TUESDAY MAY 4TH THRU SATURDAY MAY 8TH

Gardening Therapy

HEALING MIND, BODY AND SPIRIT IN THE YARD

by Sheryl DeVore



Gardening outdoors adds color and texture to yards and neighborhoods and, with the right plants, attracts pollinators, whose numbers are declining. It also can improve human health. The exercise, sunshine and fresh air promote mental and physical health, and so does our contact with soil microbes and the harmonious patterns of nature.

“Being in the sunlight is a great way to get vitamin D, which is linked to mood and well-being. We spend so much time inside, where our perspective and thoughts can close around us. Getting outdoors can improve mindfulness and the sense of being in the moment, especially when we leave our phones inside,” says Pennsylvania-based psychologist Seth J. Gillihan, author of *Mindful Cognitive Behavioral Therapy: A Simple Path to Healing, Hope and Peace*.

In a study of the health and well-being benefits of allotment gardening published in the *Journal of Public Health*, researchers measured the mood, self-esteem and general health markers of people given plots for gardening versus those that didn’t garden at all. The scientists found that the gardeners displayed significantly better self-esteem and experienced less depression and fatigue. The top three reasons participants gave for enjoying their time tinkering in the soil were: being outdoors and having contact with nature (70 percent); feeling a sense of achievement (50 percent); and having the opportunity for restoration and stress relief (35 percent).

Cultivating our outdoor space also gives us a healthy perspective, helping us to accept our limitations and better understand our place in nature. “It’s easy to see in the garden how many things are outside of our control, such as rain, temperature and pests. We can do our best, but at some point, we need to let go,” Gillihan notes, adding that learning to let go is a lesson we can apply to other aspects of our lives.

When he faced a long-term illness coupled with depression, Gillihan built raised

garden beds and planted herbs and vegetables. “I knew I needed to get more involved in something that would bring me a sense of reward and engagement. All of that creative effort really helped to bring me back to life,” he recalls. “In a garden, you’re exercising, but it’s not a repetitive thing like running, so that can make it more fun and seem like less of a task.”

“Digging, walking, carrying and squatting circulate our blood and release dopamine and endorphins in our brains,” says Karen Hugg, author of *Leaf Your Troubles Behind: How to Destress and Grow Happiness Through Plants*. “We feel more energetic and happier. Similarly, puttering in the garden or designing an ornamental bed is really about playing, and playing is integral to mental health.”

By merely observing greenery we can find peace and clarity. “A tree’s subdividing branches or the whorled arrangement of leaves are patterns that can calm the nervous system. If you look at plants during even a five-minute break, either indoors or out, you’re practicing a kind of relaxation therapy,” Hugg affirms.

A little bit of earth under our fingernails is good for us. “When you get your hands dirty, there are beneficial microbes in the soil that improve your health and well-being,” says Charlie Hall, professor of horticultural studies and department chair at Texas A&M University, who has researched the physiological, psychological and social benefits of plants.

According to Hall, horticultural therapy reduces stress and anxiety, enhances memory and attention span and can improve quality of life for those with physical,

mental or cognitive challenges. Citing the example of disabled adults helping to run a garden center and greenhouse at the Brookwood Community in Brookshire, Texas, he notes, “Working together in a garden builds a sense of belonging. Even those who are not physically able to participate in those activities benefit. Just being in the garden can dramatically reduce the levels of the stress hormone cortisol.”

Gardening Tips to Improve Human and Planetary Health

- Choose a modest space outdoors or purchase small containers.
- Keep it simple and start small with just a few plants.
- Read books to learn about plant needs by region.
- Talk to nurseries that sell native species.
- Think of the garden as a refuge, a place to smell flowers and watch plants thrive.
- View gardening as a fun exercise.
- Join a community garden to cultivate flowers and vegetables in a social setting.
- Grow houseplants, herbs and lettuces to bring in the outdoors.
- Volunteer at a nonprofit that propagates vegetables for food pantries.

Sheryl DeVore is a frequent contributor to national and regional publications and has authored six books on science, health and nature. Learn more at SherylDeVore.wordpress.com.

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Skin Fitness

Daily Routines for a Radiant Appearance

by David J. Sautter

While many of us work out to tone our muscles, we may be neglecting the largest organ in the body: our skin. Every day, it is exposed

to a variety of irritants, including ultraviolet rays, air pollution, extreme weather and highly processed foods. Stress can also cause skin irritations and conditions.

To serve its important functions and look healthy, our skin needs a fitness regimen. With a few daily routines, lifestyle modifications and coping strategies, a radiant appearance is within reach.

Skin Conditions Exacerbated by Stress

ACNE: When we are stressed, our body releases cortisol, a hormone that stimulates the production of pore-clogging oils, which can lead to the formation of acne. Stress also triggers inflammation, which can worsen existing acne.

PREMATURE AGING: Stress can accelerate the aging process by reducing the skin's elasticity and causing wrinkles and fine lines. It triggers the production of free radicals, precipitating damage to collagen and elastin fibers, which are responsible for keeping the skin firm and supple. When they are damaged, the skin becomes saggy.

CHRONIC CONDITIONS: Stress can trigger or worsen skin conditions such as eczema, psoriasis and rosacea, which are characterized by inflammation, dryness and itching.

Lifestyle Tips to Improve Skin Health



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GET ENOUGH SLEEP. A good night's sleep is essential for skin health. It also helps reduce the impact of daily stress. Aim for no less than seven hours of shut-eye each night.

EXERCISE REGULARLY. Getting our bodies moving is essential to reduce stress levels and improve skin health by increasing blood flow, nutrient delivery and oxygenation to the skin.

EAT A HEALTHY DIET. "An anti-inflammatory diet full of fruits, veggies and healthy fats like those from seeds and nuts will help to keep skin healthy," says Jennifer Scheinman, a registered dietitian and nutrition coach. "Foods rich in omega-3 fats like salmon and walnuts are great for skin health since they have natural anti-inflammatory properties, and the fats help to keep skin moisturized."

PRACTICE STRESS-RELIEVING TECHNIQUES. Engage in activities that help manage stress, such as yoga, meditation or deep-breathing exercises.

APPLY SKIN-CARE PRODUCTS DESIGNED FOR THE PERSON'S SKIN TYPE. According to Dr. Trevor Cates, author of *Clean Skin From Within* and *Natural Beauty Reset*, "The most important care tip is to find skin care with mild acidity [4.5 to 5.4 pH] and natural actives [plant-based extracts] that support the skin

With a few daily routines, lifestyle modifications and coping strategies, a radiant appearance is within reach.

microbiome. A healthy skin microbiome means less chance for breakouts, blemishes and premature aging."

According to Dr. Anne Marie Fine, author of *Cracking the Beauty Code*, "Air pollution has been demonstrated to prematurely age the skin and cause age spots. This is why you want to make sure to consume antioxidants and use antioxidant-containing, clean skin-care products."

Therapies to Enhance the Skin

RED-LIGHT THERAPY DEVICES use infrared light to stimulate collagen production, improve circulation and promote healing. This reduces wrinkles, fine lines, age spots and other signs of aging.

MICROCURRENT FACIAL TOOLS use low-level electrical currents to stimulate facial muscles, helping to tone, reduce puffiness and promote a youthful appearance.

LASERS DESIGNED FOR HOME USE offer a safe way to treat various skin issues such as wrinkles, acne scars, sun damage and pigmentation problems. They can also

help even out skin tone by stimulating collagen production in the deeper layers of the skin.

GUA SHA is an ancient Chinese technique that involves gently scraping the surface of the skin with a special tool to increase blood flow, promote healing and reduce puffiness and inflammation.

OXYGEN TREATMENTS infused into pores using a special device can help nourish skin cells, decrease inflammation, reduce wrinkles and improve overall complexion.

FACIAL ACUPUNCTURE involves inserting tiny needles into specific points to stimulate energy flow, which may improve circulation, reduce tension and promote smoother skin.

FACIAL MASSAGE reduces wrinkles by stimulating collagen production in the deeper layers of the skin. It promotes circulation, drainage and toning.

David J. Sautter is a certified personal trainer specializing in fitness nutrition and sports conditioning, as well as a professional fitness writer. Learn more at WriteFit.com.

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First Signs of Menopause

by Linda Sechrist

When *The New York Times* and *National Geographic* cover the subject of menopause in the same calendar year, perhaps it's a sign that the inevitable phase of a woman's life that ushers in vaginal dryness, irregular periods, hot flashes, brain fog, mood swings, night sweats, sleep problems, decreased sex drive and weight gain is finally getting the attention it deserves.

Solutions for women experiencing perimenopause, menopause and post-menopause are not covered in medical school. Instead, they stem from the work of pioneers like Dr. Pamela Wartian Smith, author of *What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More*, and Dr. Christiane

Northrup, who wrote *Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*.

Today, integrative and functional doctors, researchers and continuing education instructors are leading the charge to provide innovative and customized answers for women experiencing vaginal dryness and other hormone-related symptoms.

The earliest sign of changes occurs between the ages of 40 to 44, during perimenopause, and according to Dr. Lindsey Berkson, author of *Safe Hormones, Smart Women*, vaginal dryness is the flashing red light. "A sign of insufficient hormone signaling, vaginal dryness is the body's warning that bones are beginning to thin; the brain's structure, activity and neuron connectivity are beginning to decline; and the aging process has begun," she explains.

A continuing-education instructor for doctors and pharmacists, Berkson notes, "The vagina doesn't exist alone. Treating only the vagina is minimized medicine. It's so important to find a doctor who practices functional medicine, has completed continuing-education hours in hormone replacement therapy and nutrition, and has experience in these areas."

Dr. Meena Malhotra, a double board-certified internist practicing functional and integrative medicine for 27 years, understands that vaginal tissue is hormone-dependent, and dryness left untreated can lead to urinary



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tract infections that can progress to kidney infections. “Atrophic vaginitis with dryness, itching and burning doesn’t happen overnight; it happens gradually. Many women who are not seeing a gynecologist regularly for checkups are unaware of the gradual decrease of their progesterone and estrogen,” advises the founder of the Heal n Cure Medical Wellness Center, in Glenview, Illinois.

“Women generally self-treat sexual discomfort from dryness first with self-prescribed, over-the-counter gels, suppositories and creams, which are temporary fixes,” Malhotra says. “Functional medicine, which allows for longer appointments, in-depth intake and more intimate conversations, can determine the root cause of vaginal dryness, which can be treated early with FormaV, a non-surgical, painless rejuvenation procedure which tightens loose labia, improves vaginal health and makes sexual intimacy desirable again.”

Known as “the girlfriend doctor”, triple board-certified obstetrician and gynecologist Anna Cabeca has been in practice for 23 years and is the author of *The Hormone Fix: Burn Fat Naturally, Boost Energy, Sleep Better, and Stop Hot Flashes, the Keto-Green Way*. Recognizing that many over-the-counter lubricants perpetuate dryness and create damage to the tissue, she formulated her own products. “Inflammation can happen because of a reaction to the ingredients in the lubricant. I tell my patients that they can make

their own lubricant using organic coconut oil mixed with aloe vera gel and a few drops of an essential oil that turns their partner on. They can also strengthen the pelvic floor with Kegel exercises and eat a keto-green diet,” Cabeca suggests.

Dr. Rebecca Hunton, the founder of Radiantly Healthy MD, in Melbourne, Florida, believes that treating the changes in a woman’s body is a form of personalized medicine. “Every woman’s journey is different, but generally before vaginal dryness comes progesterone deficiency. Symptoms include trouble falling asleep, anxiousness and moodiness,” she says, adding that not all vaginal dryness is hormone-related, as an autoimmune disorder could also be a cause.

Hunton recommends, “Starting early with a transdermal progesterone cream can mitigate some dryness, but at a certain point, progesterone won’t suffice. There are nonsurgical treatments such as MonaLisa Touch, a laser treatment that brings the tissue in the vagina to a more youthful state. It needs to be repeated every 18 months to two years.”

These doctors all agree that women no longer have to power through the changes. There are answers. As Cabeca asserts, “This is a time that heralds a second spring of our lives and should be a beautiful journey.”

Linda Sechrist is a senior writer for Natural Awakenings.



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Psychedelic Medicine Can Be a Helpful Life-Coaching Tool

by Gary Merel

Psilocybin mushrooms have been used for centuries in various cultures for spiritual and medicinal purposes. In recent years, there has been growing interest in the use of these mushrooms for psychological healing and personal development, especially when combined with life coaching, a process in which a coach helps an individual identify their goals and develop strategies to achieve them. The coach provides support and guidance, helping the individual to overcome obstacles and achieve their desired outcomes.

When used in conjunction with life coaching, psilocybin mushrooms can help individuals gain new insights and perspectives on their lives. The mushrooms can help dissolve limiting beliefs and patterns of thinking, allowing individuals to see things in a new light.

Many people report that after taking psilocybin mushrooms, they feel more connected to themselves and the world around them. They may experience a sense of unity and interconnectedness which can help foster a greater sense of purpose and meaning in their lives.

By combining psilocybin mushroom

therapy with life coaching, individuals can take advantage of these insights and use them to set and achieve their goals. The coach can help the individual identify areas where they may be stuck or struggling and use the insights gained from the mushroom experience to develop strategies for overcoming these challenges.

For example, someone that has been struggling with self-doubt and fear may gain a new sense of self-confidence and clarity after a psilocybin mushroom experience. With the help of a coach, they can use these insights to set and achieve goals that were previously out of reach.

It's important to note that psilocybin mushrooms should only be used under the guidance of a trained professional. The effect of these mushrooms can be intense and unpredictable, and it is important to have someone experienced in working with them to help guide the individual through the experience.

Life coaching is also a process that should be conducted by a trained professional. A coach can help the individual to identify their goals and develop strategies to achieve them, but they should not be used as a substitute for traditional

therapy or other medical treatments.

When used responsibly and in combination with life coaching, psilocybin mushrooms can be a powerful tool for personal growth and development, helping individuals gain new insights, dissolve limiting beliefs and achieve their goals.

It's important to approach the use of psilocybin mushrooms with respect and caution. While they can be a powerful tool for personal growth, they can also be dangerous if not used properly. Anyone considering the use of these mushrooms should do so only under the guidance of a trained professional, and should always prioritize their safety and well-being. With the right guidance and support, psilocybin mushrooms can help individuals to live more fulfilling and purposeful lives.

Professional coach Gary Merel, MS, CLC, owner of Lean Into Your Life, located at 220 Collingwood St., Ste 240, in Ann Arbor, offers a free, 45-minute discovery call at 734-249-9948. For more information, visit LeanIntoYourLife.net. See ad page 37.

calendar of events

MONDAY, MAY 1

Introduction to Tai Chi – May 1-15. 6-7pm. For college students. Free. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. PeacefulDragonSchool.com.

Basic Qigong for Self-Care – May 1-15. 7:15-8:15pm. For healthcare professionals. Free. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. PeacefulDragonSchool.com.

Online: Mastery in a Nutshell: Bringing the Sacred to the Everyday – Monday, May 1-15. 8-9pm. Facilitated by Susan Billmaier (WithPearls.com). Learn the Mastery Cycle, moving from unconscious creation incompetence to unconscious creation competence; how to apply the Mastery Cycle; techniques to help move through the cycle; and a method of invoking energy through thoughts and decreeing it into action toward specific results. \$64. More info: 734-905-7980 or visit EvenstarsChalice.com.

THURSDAY, MAY 4

Weekday Wildflower Rangers – 1-4pm. Learn to identify common spring ephemeral wildflowers and get trained as a Wildflower Ranger on how to protect wildflowers in your favorite natural area. Kosch Headwaters Preserve. 8170 Ford Rd, Ypsilanti. Register: Washtenaw.org.

FRIDAY, MAY 5

Full Flower Moon Hike – 8-9:30pm. Enjoy frog calls and evening birdsong as dusk descends over the vernal pools and granite boulders of the gravel pit. Led by naturalist Shawn Severance. Fox Science Preserve, 2228 Peters Rd, Ann Arbor. Register: Washtenaw.org.

SUNDAY, MAY 7

Stewardship Workday: Miller Nature Area – 1-4pm. See how many types of birds you can spot while working together with other volunteers to pull invasive species. Tools and know-how provided. Free. Meet at the Arborview Blvd entrance, just east of Wildwood Ave, Ann Arbor. Pre-registration required: nap.a2gov.org/Miller050723

TUESDAY, MAY 9

Virtual Education Series – 7:30-9pm. Bridge Between Addiction & Suicide with Ray Dalton. Free. Via Zoom. For link: DawnFarm.org.

THURSDAY, MAY 11

Walks in the Woods – Also held May 25, June 8 and July 13. With Rhizome Roots Studio. Explore the wonderful world of the woods and wetlands. Hikes range from 1-2 hrs in length, and typically cover 2-5 miles, depending on terrain and travel speed. Free; donate at Venmo @RhizomeRootsStudio. For details and more info: RhizomeRootsStudio@gmail.com or Facebook.com/Rhizomerootsstudio.

SATURDAY, MAY 13

Spring Plant Sale – May 13-14. Planters and hanging baskets are designed and tended by a team of dedicated volunteers. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Ann Arbor Great Strides 5K Run/Walk – 10am, check-in; 11am, start. Sponsored by the Michigan chapter of the Cystic Fibrosis Foundation. Participate in-person or virtually. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. Register: Tinyurl.com/AnnArborGreatStrides.

SUNDAY, MAY 14

Mother's Day Wildflower Hike – 10:30am-12pm or 1-2:30pm. Enjoy a short presentation on local wildflowers and then get outside to see what is blooming. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

FRIDAY, MAY 19

Ann Arbor Senior Expo – 10am-1pm. Features free health screenings, refreshments, prizes, giveaways and great information. Admission free. Briarwood Mall, 100 Briarwood Cir, Ann Arbor. Tickets: SeniorExpoUSA.com/2023-ann-arbor-attendee.

Virtual Book Club: Think Like a Vegan: Part 2 – 1-2:30pm. For our May Book Club, we will discuss *Think Like a Vegan: What Everyone Can Learn from Vegan Ethics*, by Emilia A. Leese and Eva J. Charalambides, 2021. Register: VegMichigan.org.

New Moon Night Hike – 7-8:30pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette and visit some nocturnal animals to learn about how they survive. \$5/person. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Arbor Farms Market Spring Wine Tasting – 7-9pm. Includes 25 hand-selected wines and appetizers. \$60. Weber's Hotel and Restaurant, 3050 Jackson Rd, Ann Arbor. 734-996-8111. ArborFarms.com.

SATURDAY, MAY 20

Kitchen Favorites Plant Sale – May 20-21. Vegetables, herbs and other selected varieties are selected, sown, and grown by students from the U-M Campus Farm. Proceeds go to Campus Farm and MBGNA. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Walk & Wag and Run – 8am-1pm. Every dollar you raise assists in the rescue, care and new beginning for the most vulnerable animals right here in the community. Rolling Hills County Park, 7660 Stony Creek Rd, Ypsilanti. 734-662-5585. Tinyurl.com/4bbtbhf9.

Spring Morning Mindfulness Hike – 10-11:30am. Slow-paced mindful movement through nature. Freeman Preserve, 4350 Old Ford Rd, Ann Arbor. Registration required: Washtenaw.org.

Yoga with Reiki Lithotherapy for Insomnia/Restful Sleep Workshop – 1-2:30pm. Experience the profoundly synergistic healing benefits of pairing Yoga with Reiki Lithotherapy (the use of purpose specific crystals within the body's energy

field). Offered by Crysterra Wellness. \$40. Verapose Yoga House, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

7 Notes Natural Health Client Appreciation Day – 1-4pm. Tour the offices and group event space, meet the team, receive a 10% discount on essential oils, refreshments by local shops, relax to live music and sound healing by Rob Meyer-Kukan and receive a free gift bag (first 25 people). 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. 7NotesNaturalHealth.com.

SUNDAY, MAY 21

Stewardship Workday: Cedar Bend Nature Area – 1-4pm. Help pull invasive species; allowing the natural diversity in this park to flourish. Tools and know-how provided. Free. Meet at the pull-off area on Cedar Bend Dr (off Broadway St), Ann Arbor. Pre-registration required: nap.a2gov.org/CedarBend052123.

Bird Walk – 5:30-7:30pm. Take an evening walk in Gallup Park and Furstenberg Nature Area with NAP ornithologist, Juliet Berger. We'll look for the Baltimore orioles that nest there and see many other birds along the river as well. Meet at the Gallup Canoe Livery. Preregister: nap.a2gov.org/NAPBirdWalk052123.

TUESDAY, MAY 23

Artist Spotlight: Leah Marlene – 8pm. In-person and streaming to Facebook & YouTube. Leah Marlene is a songwriter, artist, and producer with a deeply rooted desire to create art unlike anything you have heard before. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

MARK YOUR CALENDAR

WEDNESDAY, MAY 24

Free Introduction: Emotional Complex Clearing – 7:30pm. Brad May, PhD, uses Emotional Complex Clearing to get accurate information from the subconscious. Often the problems that seem to be in the present are rooted in the past. In-person seminar June 23-25 (\$345 by Mar 25; \$375 after). For more info & registration: ecctherapy.com.

THURSDAY, MAY 25

Walks in the Woods – See May 11 listing. For details and more info: RhizomeRootsStudio@gmail.com or Facebook.com/Rhizomerootsstudio.

FRIDAY, MAY 26

Fireside Fun – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

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natural
awakenings

calendar of events

TUESDAY, MAY 30

Virtual Education Series – 7:30-9pm. Supporting Women in Recovery with Lyla Ryckman, Free. Via Zoom. For link: DawnFarm.org.

WEDNESDAY, MAY 31

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

PLAN AHEAD

THURSDAY, JUNE 1

Peony Sale (Online only) – Bring some vintage beauty to your garden with our online sale of heirloom peonies. Shop from many varieties found in the historic Peony Garden at Nichols Arboretum. Online only with in-person pickup at Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

SUNDAY, JUNE 4

Spring VegFest 2023 – Includes a large selection of local restaurants offering delicious plant-based foods, talks by inspiring and informative speakers, cooking demonstrations, free samples, sustainable shopping and more. Eastern Market, Detroit. More info: 248-867-2155, Olivia@VegMichigan.org or VegMichigan.org.

ongoing events

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation

for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and

body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

saturdays

Certified Hypnotherapists Education and Networking Meeting – 9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Yoga w/Reflexology for Insomnia/Restful Sleep – 1-2:30pm. Every 4th Saturday through Sep 16, 2023. Experience the profoundly synergistic healing benefits of pairing Yoga w/Reflexology! In this workshop we will explore the healing possibilities of combining Yoga with Reflexology. We will rotate between modalities with a focus on common issues such as stress/anxiety relief, insomnia and more. \$40. Crysterra Wellness, 3173 Baker Rd., Suite A, Dexter. 734-649-1849. CrysterraWellness.com.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Thru Aug). Bring a drum with you or use a drum that is provided. \$5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

classifieds

HELP WANTED

NATURAL BALANCE WELLNESS / HYPERBARICS MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit-sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBoggess@NBWellness.com.

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.



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**If you have arthritis, diabetes,
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We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

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ROSY GLOW AROMATHERAPY Margo Hertzfeld, Certified Aromatherapist 419-360-0169 RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

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Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

CATERING/FOOD

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Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 21.*

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It's time to begin the journey to your health goals! I provide personalized coaching to help you live a balanced, healthy life, using a gentler, science-based approach to getting you feeling healthy and energized. Contact me today for a free consultation!

DETOX/COLONIC

INNERSPACE HOLISTIC Brandy Boehmer, 734-709-8313 2350 Washtenaw Ave, Ste 14, Ann Arbor InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

GENERAL & COSMETIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP 2365 S Huron Pkwy, Ann Arbor & 1795 W Stadium, Ann Arbor 734-887-9667 AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 16.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS Michaelene Ruhl, PsyD, 28592 Orchard Lake Rd., Farmington Hills 248-345-3557 ConstellationHealingArts.com



We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 20.*



CRYSTERRA WELLNESS

3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Ancient inspirations for modern wellbeing. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

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TheBetterHealthStore.com



Vitamins, supplements, organic and natural foods. For more information: See ad page 25.

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. See ads, pages 10 and 14.

HOLISTIC MENTAL WELLNESS

HARMONY COUNSELING CENTER, PLLC

Christina Herbin, MA, LPC, NCC
Owner/Mental Health Therapist
321 S. Main Street, Ste. 215, Ann Arbor
CHerbin@Harmony2c.com
734-644-6943
Harmony2c.com



Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your inner self and nature will support your journey in living a happy, healthy and harmonious life.

HOMEOPATHIC PHARMACY

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Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement

brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 28.

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KellyTat@umich.edu
810-522-7419



Dr. Kelly is a highly sought out game changer who recently opened her enrollment for new clients. She specializes in helping women step into their power by replacing low self-worth with self-empowerment.

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LeanIntoYourLife.net



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MOLDPRO

John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProLLC.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

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MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping.

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ANN ARBOR SMILES DENTAL GROUP

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734-887-9667
AnnArborSmiles.com



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OperationAbleNancyW@gmail.com
248-845-0513
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.



community resource guide

SCHOOL / EDUCATION

MOTHER BEAR SANCTUARY
BARBRA WHITE M.A., D.I., H.O.M
734-796-6690
MotherBearSanctuary.com



Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 31.*

NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION
503 East Broadway St, Mt. Pleasant
989-773-1714
Contact@NaturopathicInstitute.info
NaturopathicInstitute.info



Educational programs offered: Natural Health Program: four years (one week-end a month); Massage Therapy Program: one year (two weekends a month); Holistic Doula Practitioner Program: six months (one weekend a month). Individual classes available. *See ad page 11.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 23.*

SOLID HARDWOOD PLANK FLOORING

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734-433-1023
ChelseaPlank.com



Natural. Beautiful. Versatile. Longevity. Green. In simplest terms, a solid plank of hardwood flooring is a piece of a tree. It is neither laminated, extruded, mixed nor reconstructed from industrial regurgitation. It's the real deal, that which other flooring products strive to resemble and are measured against.

TAI CHI AND QIGONG

PEACEFUL DRAGON SCHOOL
1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

WEIGHT LOSS

FREE AT LAST! HYPNOSIS
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734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 23.*

WELLNESS / BRAIN HEALING

NATURAL BALANCE
WELLNESS MEDICAL CENTER
1601 Briarwood Cir #475, Ann Arbor
855-942-7246
Cereset.com

We help your brain help you! A novel neuro technology to relax the brain and facilitate healing! Overcome worry and anxiety. Restore hope and happiness. Release "stuck" stress. Enhance learning and memory and much more! Just 5 hours can change your life! Mention this ad and receive an initial assessment and brain scan for only \$99! Call today! *See ad inside front cover.*



gy to relax the brain and facilitate healing! Overcome worry and anxiety. Restore hope and happiness. Release "stuck" stress. Enhance learning and memory and much more! Just 5 hours can change your life! Mention this ad and receive an initial assessment and brain scan for only \$99! Call today! *See ad inside front cover.*



WELLNESS CENTERS

THRIVE! WELLNESS CENTER
6901 State Rd, Ste D, Saline
734-470-6766
Thrive-Wellness-Center.com



skin and home products. *See ad page 22.*

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods,

WOMEN ONLY MASSAGE

SHER
734-239-3344
SherAnnWells@icloud.com



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in men's health and
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and masterfully apply
new life skills TODAY!



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Ben Greenfield

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Kids and a Lasting Legacy



Krista Burns, DC

Peak Performance Posture



Tarin Forbes, DO, ABFM,
ABAARM, FAARFM, ABOIM

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How You Want



Christopher Smith

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